WHAT IS CLAIMED IS:

1. A chair comprising:

a seat:

5 a pair of armrests at each side of the seat;

a pair of arm posts for supporting the armrests:

a backrest;

a pair of support struts for supporting the backrest;

a base under the seat;

a shaft horizontally provided in the base and rotatably mounted to said pair of supporting rods;

tilting means in the base for rotating the shaft to tilt the backrest at an optional stepwise angle;

locking means for locking inclination of the backrest at said angle;

a support arm in one of the arm posts:

and

an operating lever connected to the locking means via the support arm to lock and release the inclination of the backrest.

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- 2. A chair as claimed in claim 1 wherein the operating lever is connected to the locking means via a flexible cable.
- 3. A chair as claimed in claim 1 wherein the operating lever is pivotally mounted to the support arm and moved upward so as to pull up the cable.

4. A chair as claimed in claim 3 wherein the operating arm comprises a lever body having a recess in which a finger of a sitting person is engaged; and a pair of support portions having a short shaft which is engaged in a groove of the support arm.

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5. A chair as claimed in claim 2 wherein a hollow arm pad support member in the arm post is provided to move up and down in the arm post to change height of the armrest, said cable being formed as a loop in the arm post.

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- 6. A chair as claimed in claim 5 wherein the support member is provided in a armrest support rod in a hollow cylindrical height adjusting member which has a plurality of engagement portions therein, a pin projecting from the support member to engage on one of said plurality of engagement portions of the height adjusting member to change height of the armrest.
- 7. A chair as claimed in claim 4 wherein a wire holder projects from a rear end of the operating lever and is engaged with an end of the cable, the end of the cable which extends via the wire holder being fixed to the armrest.
- 8. A chair as claimed in claim 7 wherein a recess is formed on an outer surface of the rear end of the wire holder so that the cable may be in sliding contact on the wire holder.

- 9. A chair as claimed in claimed in claim 2 wherein a lower end of the cable is taken out of an exit of a connecting rod of the arm post, the exit being covered with a bottom cover.
- 5 10. A chair as claimed in claim 9 wherein a recess is formed under the bottom cover so that the the cable may be placed in the recess.
- 11. A chair as claimed in claim 9 wherein the bottom cover is 10 fixed by engagement and by a screw to the connecting rod.
 - 12. A chair as claimed in claim 2 wherein the tilting means comprises force promoting return means which comprises a force promoting unit comprising a core which rotates with the shaft, elastic material around the core and an outer tube around the elastic material.
 - 13. A chair as claimed in claim 12 wherein the locking means comprises a sector gear mounted to the shaft to rotate together with the core, and an engagement member connected to the operating lever via the cable and engagable with teeth of the sector gear thereby holding the backrest at an optional stepwise angle and releasing it.

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